

SOUTH

Pool Schedule

WINTER/SPRING 2010

10931 O'Malley Centre Drive · 344-6567
Effective February 1, 2010–May 30, 2010



THE ALASKA CLUB

www.thealaskaclub.com

Pool Hours: Monday–Friday, 5am–9:45pm / Saturday–Sunday, 8am–7:45pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM						10:30am–12:30pm {3L}	10:30am–12:30pm {3L}
	6:35–9pm {3L}	7–9:30pm {3L}	6:35–9pm {3L}	7–9:30pm {3L}	6:35–9pm {3L}	4:30–7pm {3L}	4:30–7pm {3L}
LAP SWIM	5–6am {5L}	5–6am {5L}	5–6am {5L}	5–6am {5L}	5–6am {5L}	8–9:25am {5L}	8–10:30am {5L}
	6–7am {1L}	6–7am {2L}	6–7am {1L}	6–7am {2L}	6–7am {1L}	9:25am–12:30pm {2L}	10:30am–12:30pm {2L}
	7–9:25am {5L}	7–10:30am {5L}	7–9:25am {5L}	7–10:30am {5L}	7–9:25am {5L}	12:30–4:30pm {4L}	12:30–4:30pm {5L}
	9:25–10:35am {2L}	10:30am–1pm {3L}	9:25–10:35am {2L}	10:30am–1pm {3L}	9:25–10:35am {2L}	4:30–7pm {2L}	4:30–7pm {2L}
	10:35am–4pm {5L}	1–4pm {5L}	10:35am–4pm {5L}	1–4pm {5L}	10:35am–5:25pm {5L}	7–7:45pm {5L}	7–7:45pm {5L}
	4–5:25pm {3L}	4–7pm {2L}	4–5:25pm {3L}	4–7pm {2L}	5:25–6:35pm {2L}		
	5:25–6:35pm {2L}	7–9:30pm {2L}	5:25–6:35pm {2L}	7–9:30pm {2L}	6:35–9pm {2L}		
	6:35–9pm {2L}	9:30–9:45pm {5L}	6:35–9pm {2L}	9:30–9:45pm {5L}	9–9:45 {5L}		
	9:05–9:45pm {5L}		9–9:45pm {5L}				
AQUA GROUP FITNESS	9:30–10:30am {3L}	6–7am {3L}	9:30–10:30am {3L}	6–7am {3L}	9:30–10:30am {3L}	9:30–10:30am {3L}	
	5:30–6:30pm {3L}		5:30–6:30pm {3L}		5:30–6:30pm {3L}		
STARFISH ACADEMY							
SWIM LESSONS		10:30am–1pm {2L+WP}		10:30am–1pm {2L+WP}			
	4–5:30pm {2L+WP}	4–7pm {3L+WP}	4–5:30pm {2L+WP}	4–7pm {3L+WP}		12:30–4:30pm {1L+WP}	
MASTERS SWIM	6–7am {4L}		6–7am {4L}		6–7am {4L}		
SWIM TEAM	4:30–5:30pm {2L}		4:30–5:30pm {2L}				
		5:30–6:30pm {2L}		5:30–6:30pm {2L}			

Lap lanes are not open to children under 14 years of age. Empty lanes may be used by children 14 and older when accompanied by an adult and demonstrate the ability to swim laps. Lap lanes are available for lap swimming and aqua jogging. The number of lap lanes available may occasionally be reduced due to swim lessons and scheduled programs. For more information on group or private swim lessons refer to the Starfish Academy lesson schedule on the reverse side, www.thealaskaclub.com or call the South Aquatics Director at 365-7314.
{L} – number of lanes used.

STARFISH ACADEMY



The Alaska Club South
10931 O'Malley Centre
344-6567

2010
WINTER/
SPRING

CLASS DEFINITIONS

Infants & Toddlers – Ages 2 months to 2 years (pending on child.) This is a parent participation class where both child and parent are introduced to basic swimming and water skills. The focus of this class is getting both parent and child comfortable in the water and having fun.

Level 1 Water Exploration – For children 2 to 5 (pending on child.) Skills that are taught at this level are learning how to blow bubbles in the water, getting his/her face wet (going under), learning how to float on both their back and front, and learning to flutter kick. Other things that might be learned are the prone glide on both front and back and being introduced to some arm movements. The focus of this class is to get the child starting to learn to be in the water without the parent and learning basic water skills.

Level 2 Primary Skills – Before reaching this level the student must be comfortable in the water unassisted and be able to float (back and front) and know how to flutter kick. At this level the student will be introduced to all the strokes including the backstroke, freestyle, breast-stroke, and butterfly. Students will learn how to swim most (if not all) of these strokes unassisted for 15 yards of the pool. The focus of this level is to learn coordination with both the arms and legs and learning how to breathe.

Level 3 Stroke Development and Refinement – Before reaching this level the student must be able to swim or know how to swim the strokes taught at level 2. At this level the student will learn stroke refinement on all the strokes and the breathing better. The butterfly will be taught in more detail at this level and also flip-turns may be taught. The focus of this class is to get the student to swim the length of the pool unassisted with all the strokes learned and be encouraged to move on to the swim team.

Level 4 – Must be requested by Parent. If requested the student learns more detail on each of the strokes and teaching is limited with the student. The student will learn how to read a work-out and get used to swimming repeatedly on all strokes during the lesson. Swim team is strong recommended for this level.

Swim Team – Students must demonstrate the ability of all the strokes learned before being placed on the swim team. Each lesson is 1 hour long and the students will be challenged with flip-turns, stroke development, stroke drills, and starts. We will have non-competitive bi-club swim meets, as well as other Jr. Swim team meets. Student must have their own pair of goggles and if possible a swim cap. The focus of swim team is longer swim time and to have fun in the water while learning. Parties will be encouraged throughout the months.

Adult Swim Lessons are also available upon request!

WEEKDAY GROUP LESSONS

2 days a week (6 sessions a month)

Infants & Toddlers	
Tue/Thur	10:30–11am
Level 1 - Water Exploration	
Mon/Wed	4–4:30pm, 4:30–5pm, 5–5:30pm, 5:30–6pm, 6–6:30pm
Tue/Thur	11–11:30am, 11:30am–Noon, Noon–12:30pm, 4–4:30pm, 5:30–6pm, 6–6:30pm
Level 2 - Primary Skills	
Mon/Wed	4–4:30pm, 4:30–5pm, 5–5:30pm, 5:30–6pm, 6–6:30pm
Tue/Thur	11:30am–Noon, Noon–12:30pm, 4–4:30pm, 4:30–5pm, 5–5:30pm, 6:30–7pm

Level 3 - Stroke Readiness

Mon/Wed	4:30–5pm, 5–5:30pm, 5:30–6pm, 6–6:30pm
Tue/Thur	11:30am–Noon, Noon–12:30pm, 12:30–1pm, 4:30–5pm, 5–5:30pm, 5:30–6pm, 6–6:30pm, 6:30–7pm

WEEKEND GROUP LESSONS

1 day a week (3 sessions a month)

Infants & Toddlers	
Saturday	12:30–1:15pm
Level 1 - Water Exploration	
Saturday	1:15–2pm
Level 2 - Primary Skills	
Saturday	2–2:45pm, 2:45–3:30pm
Level 3 - Stroke Readiness	
Saturday	3:30–4:15pm

Torpedoes Jr. Swim Team

Prerequisites: students must demonstrate 25-yards of front crawl, breaststroke, and backstroke. Students will be challenged to full 1 hour workouts, stroke development on all competitive strokes, starts and flip-turns, as well as experience non-competitive bi-club swim meets with other Jr. Swim teams. Participants should have their own goggles and swim caps.

This class will run on a monthly basis with a registration fee due by the 1st class of the month. Class price is \$70 for members and \$95 for nonmembers.

Mon/Wed	4:30–5:30pm
Tue/Thur	5:30–6:30pm

Private and Semi-Private Lessons

Instruction catered to individual skill development. Lessons can only be made through an instructor or the Aquatics Director. To schedule, call 365-7314.

STARFISH ACADEMY SWIM LESSON POLICIES

- Payments are due before or on the first day of lessons.
- No Make-Ups or refunds are made due to students not showing up.
- Cancellations must be made through the Instructor or Aquatic Director 24 hours in advance.
- Failure to give 24 hours notice and no shows will still result in full payment of lesson.
- Classes with less than two participants will be asked to attend another session. (You will be notified 24 hours prior to start of class.)
- Parents will be notified immediately if a teacher cannot make a session within 24 hours and will be rescheduled later in the month.
- If a class needs to be cancelled due to maintenance issues the parents will be notified immediately and class will be rescheduled.

CLASS DATES

February Lessons

Registration: January 18–31

Class Dates:

Mon/Wed, February 1–17
Tue/Thur, February 2–18
Saturday, February 6–20

March Lessons

Registration: February 15–28

Class Dates:

Mon/Wed, March 15–31
Tue/Thur, March 16–April 1
Saturday, March 20–April 3

April Lessons

Registration: March 22–April 4

Class Dates:

Mon/Wed, April 12–28
Tue/Thur, April 13–29
Saturday, April 17–May 1

May Lessons

Registration: April 19–March 2

Class Dates:

Mon/Wed, May 10–26
Tue/Thur, May 11–27
Saturday, May 15–29

Prices:

1 day a week (3 sessions - Saturdays):

\$30 Member
\$45 Nonmember

2 days a week (6 sessions - Mon/Wed or Tue/Thur):

\$60 Member
\$80 Nonmember

Private Lessons ½ hour

\$30 Member
\$40 Nonmember

Semi-Private Lessons (3 student max. Cost is per child)

\$18.50 Member
\$23.50 Nonmember

3 WAYS TO REGISTER

- Call the South front desk at 344-6567 or the Aquatics Director at 365-7314
- Visit the South front desk
- Log on to www.thealaskaclub.com

www.thealaskaclub.com



SOUTH

EAST

Pool Schedule

WINTER/SPRING 2010

5201 East Tudor Road · 337-9550
Effective February 1, 2010–May 29, 2010



THE ALASKA CLUB

Pool Hours: Monday–Thursday, 5am–9:45pm / Friday, 5am–8:45pm / Saturday–Sunday, 7am–7:45pm

www.thealaskaclub.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	3–5pm {4L}		3–5pm {4L}			3–6pm {4L}	3–6pm {4L}
		7–9pm {4L}		7–9pm {4L}	5–8pm {4L}		
LAP SWIM	5–6am {6L}	5–6am {6L}	5–6am {6L}	5–6am {6L}	5–6am {6L}		
	6–7am {2L}	6–7am {2L}	6–7am {2L}	6–7am {2L}	6–7am {2L}		
	7–8am {5L}	7–9am {5L}	7–8am {5L}	7–9am {5L}	7–8am {5L}	7–9am {2L}	7am–Noon {5L}
	8–9am {2L}	9–10am {1–2L}	8–9am {2L}	9–10am {1–2L}	8–9am {2L}	9–10am {1–2L}	Noon–1pm {2L}
	9–10am {1–2L}	10am–Noon {5L}	9–10am {1–2L}	10am–Noon {5L}	9–10am {1–2L}	10–11am {2L}	1–3pm {5L}
	10am–Noon {5L}	Noon–1pm {2L}	10am–Noon {5L}	Noon–1pm {2L}	10am–Noon {5L}	11am–1:30pm {3L}	3–6pm {2L}
	Noon–1pm {2L}	1–3pm {5L}	Noon–1pm {2L}	1–3pm {5L}	Noon–1pm {2L}	1:30–3pm {5L}	6–7:45pm {5L}
	1–3pm {5L}	3–5pm {4L}	1–3pm {5L}	3–5pm {4L}	1–3pm {5L}	3–6pm {2L}	
	3–5pm {2L}	5–7pm {2L}	3–5pm {2L}	5–7pm {2L}	3–5pm {3L}	6–7:45pm {5L}	
	5–6:30pm {2L}	7–9pm {2L}	5–6:30pm {2L}	7–9pm {2L}	5–8pm {2L}		
	6:30–8:30pm {3L}	9–9:45pm {3L}	6:30–8:30pm {3L}	9–9:45pm {3L}	8–8:45pm {3L}		
	8:30–9:45pm {3L}		8:30–9:45pm {3L}				
AQUA GROUP FITNESS	6–7am {3L}		6–7am {3L}		6–7am {3L}		
	8–9am {3L}		8–9am {3L}		8–9am {3L}	9–10am {3–4L}	
	9–10am {3–4L}	9–10am {3–4L}	9–10am {3–4L}	9–10am {3–4L}	9–10am {3–4L}	10–11am {3L}	
	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}		Noon–1pm {3L}
	5:30–6:30pm {3L}	6–7pm {3L}	5:30–6:30pm {3L}	6–7pm {3L}			
STARFISH ACADEMY							
GROUP SWIM LESSONS	6:30–8:30pm {3L}	3–5pm {2L}	6:30–8pm {3L}	3–5pm {2L}		11am–2pm {2L}	
PRIVATE LESSONS OFFERED DAILY	7am–9pm {1L}	7am–9pm {1L}	7am–9pm {1L}	7am–9pm {1L}	7am–8pm {1L}	7am–7pm {1L}	7am–7pm {1L}
MASTERS SWIM		6–7am {4L}		6–7am {4L}		7–8:30am {4L}	
SCUBA (CALL FOR AVAILABILITY 330-0159)	8:30–10pm {3L}	9–10:30pm {3L}	8:30–10pm {3L}	9–10:30pm {3L}	8–9:30 {3L}		
SWIM TEAM		5–6pm {3L}		5–6pm {3L}			
		6–7pm {3L}		6–7pm {3L}			

Lap lanes are not open to children under 14 years of age. Empty lanes may be used by children 14 and older when accompanied by an adult and demonstrate the ability to swim laps. Lap lanes are available for lap swimming and aqua jogging. The number of lap lanes available may occasionally be reduced due to swim lessons and scheduled programs. For more information on group or private swim lessons refer to the Starfish Academy lesson schedule on the reverse side, www.thealaskaclub.com or call the East Aquatics Director at 330-0159.
{L} – number of lanes used.

STARFISH ACADEMY

The Alaska Club East
5201 East Tudor Road
337-9550



2010
WINTER/
SPRING

EAST

CLASS DATES

February Lessons

Registration: January 18–31

Class Dates:

Mon/Wed, February 1–17
Tue/Thur, February 2–18
Saturday, February 6–20

March Lessons

Registration: February 15–28

Class Dates:

Mon/Wed, March 15–31
Tue/Thur, March 16–April 1
Saturday, March 20–April 3

April Lessons

Registration: March 22–April 4

Class Dates:

Mon/Wed, April 12–28
Tue/Thur, April 13–29
Saturday, April 17–May 1

May Lessons

Registration: April 19–March 2

Class Dates:

Mon/Wed, May 10–26
Tue/Thur, May 11–27
Saturday, May 15–29

Prices:

1 day a week (3 sessions - Saturdays):

\$30 Member
\$45 Nonmember

2 days a week (6 sessions - Mon/Wed or Tue/Thur):

\$60 Member
\$80 Nonmember

Private Lessons ½ hour

\$30 Member
\$40 Nonmember

Semi-Private Lessons (3 student max. Cost is per child)

\$18.50 Member
\$23.50 Nonmember

3 WAYS TO REGISTER

- Call the East front desk at 337-9550 or the Aquatics Director at 330-0159
- Visit the East front desk
- Log on to www.thealaskaclub.com

CLASS DEFINITIONS

Infants & Toddlers – Ages 6 months to 3 years. This is a parent-assisted class. Parent and child will be introduced to basic swimming and water skills. The focus of this class is water adjustment and FUN!

Level 1 – Water Exploration – For children 3 and up. Skills include water introduction to the following: bubble blowing, submerging faces in the water, prone glides both front and back, front crawl arms, back floats, and flutter kicks.

Level 2 – Primary Skills – Prerequisites: students should be able to prone glide 5-yards on their stomach unassisted and float on their back 5-yards unassisted. Students will be introduced to elements of the front crawl, breaststroke, elementary backstroke, and treading water.

Level 3 – Stroke Development – Prerequisites: students must be able to swim 15-yards front crawl, elementary backstroke unassisted and tread water for one minute. Students will be learning stroke refinement on front crawl, breaststroke, backstroke, introduction to butterfly, rhythmic breathing, as well as introduction to sidestroke.

Level 4 – Stroke Refinement – Prerequisites: students must demonstrate 25-yards of front crawl, breaststroke, backstroke, and 5-yards of butterfly. Students will be learning stroke refinement on front crawl, breaststroke, backstroke, butterfly, rhythmic breathing, and introduction to flip-turns and starts.

WEEKDAY GROUP LESSONS

2 days a week (6 sessions a month)

Infants & Toddlers

Mon/Wed 6:30–7pm

Level 1 - Water Exploration

Mon/Wed 6:30–7pm, 7–7:30pm
Tue/Thur 3–3:30pm

Level 2 - Primary Skills

Mon/Wed 7–7:30pm
Tue/Thur 3:30–4pm

Level 3 - Stroke Development

Mon/Wed 7:30–8pm
Tue/Thur 4–4:30pm

Level 4 - Stroke Refinement

Mon/Wed 7:30–8pm
Tue/Thur 4:30–5pm

WEEKEND GROUP LESSONS

1 day a week (3 sessions a month)

Infants & Toddlers

Sat 11–11:45am

Level 1 - Water Exploration

Sat 11–11:45pm, 11:45am–12:30pm

Level 2 - Primary Skills

Sat 11:45am–12:30pm

Level 3 - Stroke Development

Sat 12:30–1:15pm

Level 4 - Stroke Refinement

Sat 12:30–1:15pm

TORPEDOES JR. SWIM TEAM

Prerequisites: students must demonstrate 25-yards of front crawl, breaststroke and backstroke. Students will be challenged to full 1 hour workouts, stroke development on all competitive strokes, starts and flip-turns, as well as experience non-competitive bi-club swim meets with other Jr. Swim teams. Participants should have their own goggles and swim cap.

This class will run on a monthly basis with registration fee due by the 1st class of each month. Class price is \$70 for members and \$95 for nonmembers.

Tue/Thur

5–6pm or 6–7pm

OTHER CLASSES

Adult Swim Lessons – open to all adults. Students will work on primary skills, stroke readiness, and improvement. This class is great for beginning adults or adults that want to refine their competitive swim strokes.

Mon/Wed
Saturday

8–8:30pm (6 sessions: \$60 member/\$80 nonmember)
1:15–2pm (3 sessions: \$30 member/\$45 nonmember)

Private or Semi-Private Lessons – Instruction catered to individual skill development. Lessons can only be made through an instructor or the Aquatics Director. To schedule, call 330-0159 or apply online at www.thealaskaclub.com.

STARFISH ACADEMY SWIM LESSON POLICIES

- Payments are due before or on the first day of lessons.
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